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March Is National Nutrition Month: Good Nutrition Promoted Through National 5-a-day Campaign

The National Cancer Institute is encouraging people to eat healthier by consuming more fruits and vegetables with its 5-A-Day campaign.

The recommended five servings of fruits and vegetables a day provides people with fiber, vitamins A and C. These valuable nutrients help to prevent heart disease and certain types of cancer as well as being very effective in weight control efforts. Fruits and vegetables are also helpful in the management of diabetes.

As part of National Nutrition Month in March, the Cabinet for Health Services is offering tips to Kentuckians to help improve nutrition.

Below are some simple tips to eating more fruits and vegetables throughout the day:

- Have some juice or a piece of fruit with your breakfast;
- Add extra vegetables to a stew or casserole;
- When eating out, ask for a side of vegetables rather than fries
- Top pancakes with fruit rather than syrup;
- For a snack, eat a piece of fruit or drink some vegetable juice;
- Have a fruit smoothie, see recipe below;
- Have fruit with your dessert, whether it is gelatin or a cake;

- Munch on raw veggies with a low-fat ranch dressing.

It is also helpful to remember that a single serving is relatively small. One serving is considered to be $\frac{1}{2}$ cup of chopped fruit, $\frac{3}{4}$ cup of juice, $\frac{1}{4}$ cup dried fruit, $\frac{1}{2}$ cup cooked vegetable or 1 cup of a leafy vegetable. Measuring the food to get a visual picture of what a portion size looks like can help with visually estimating serving sizes in the future. For more information visit the 5-A-Day web site at <http://www.5aday.com>.



The ABCs of EAL



Now that most Cabinet staff members have completed the Everyone a Leader skill-building sessions, it doesn't hurt to have small reminders of the lessons we studied. "The ABCs of EAL" features tips that can help us improve our relationships with coworkers and our service to the families of Kentucky.

This week: G

A team's **ground rules** can evolve, so try to revisit them as a group every couple of months. New team members may have new concerns they'd like to add to the list. Remember to follow ground rules not just in meetings but in your day-to-day activities.



Spirits Were High at Bowl for Kids' Sake

By Anya Armes Weber

Quality Central's 36 teams had a great time raising money for Big Brothers Big Sisters of the Bluegrass at last week's Bowl for Kids' Sake. Stay tuned to the Pipeline for the fund-raisers' results.



From left, Anitra Williams, Robin Herring and Brenda Sandy, all of the Division of Child Care, munch on Arby's sandwiches and Papa John's pizza while they watch the lane action.



Eboney Mayewski, CFC's Bowl for Kids' Sake coordinator, takes a turn at last week's fund-raiser.



Last Friday, Capital Bowl was full of Cabinet staff having fun for a good cause.



As their teammates watch, Robert Martin, Kentucky Commission on Community Volunteerism and Service, and Joy Mills, Equal Employment Office, aim for strikes.

Michele Harrod To Serve As The CFC's March of Dimes WalkAmerica 2002 Team Captain

Michele Harrod, Division of Policy Development, has been named The Cabinet for Families and Children's (CFC) Team Walk Captain for WalkAmerica 2002. As Team Walk Captain for CFC, Michele will recruit employees from CFC to walk in WalkAmerica on April 12, 2002 at 11:30 at the Capitol Annex.

"CFC employees and their families are encouraged to be heroes and walk for someone they love," said Michele. "Walk for a baby who was born healthy so that others can be, too. Or walk for the many thousands born each year with birth defects. Your steps could mean lifesaving treatment or cure."

The March of Dimes mission is to improve the health of babies by preventing birth defects and infant mortality. This is achieved through programs of research, community services, advocacy, and education. Monies raised at WalkAmerica help the March of Dimes reach its mission. But more needs to be done. Statistics released recently by the State Department of Public Health reveal that Kentucky's infant mortality rate has increased. Kentucky now has the highest infant mortality in the nation. For every 1,000 babies born alive in Kentucky, 10.2 die before their first birthday.

CFC can help the March of Dimes change this statistic by raising money for and participating in WalkAmerica 2002. "This is the 5th year CFC has been participating in WalkAmerica. More than \$9,000 has been raised by CFC employees," said Michele. "This year we want to do better. Our goal is to recruit 75 of our employees and family members to raise \$7,500 for our mothers and babies."

If you would like to be a part of CFC's team, please contact Michele Harrod at 564-7536.

Walkers will receive a prize for the following amounts:

- \$80 - WalkAmerica T-Shirt**
- \$200 - WalkAmerica Sports Umbrella & T-Shirt**
- \$500 - March of Dimes Afghan, Umbrella & T-Shirt**
- \$1000 - March of Dimes engraved desk clock, Afghan, Umbrella & T-Shirt**

Additional prizes will be given for:

- Top Team, Committee Award, Top Walker, Ambassador Recognition Award, Corporate Sponsor, Community Partnership Award, WalkAmerica Donation, T-Shirt Contest, Spirit Team Award, \$202 Challenge, Team Captain Gold Award, and Team Awards.**